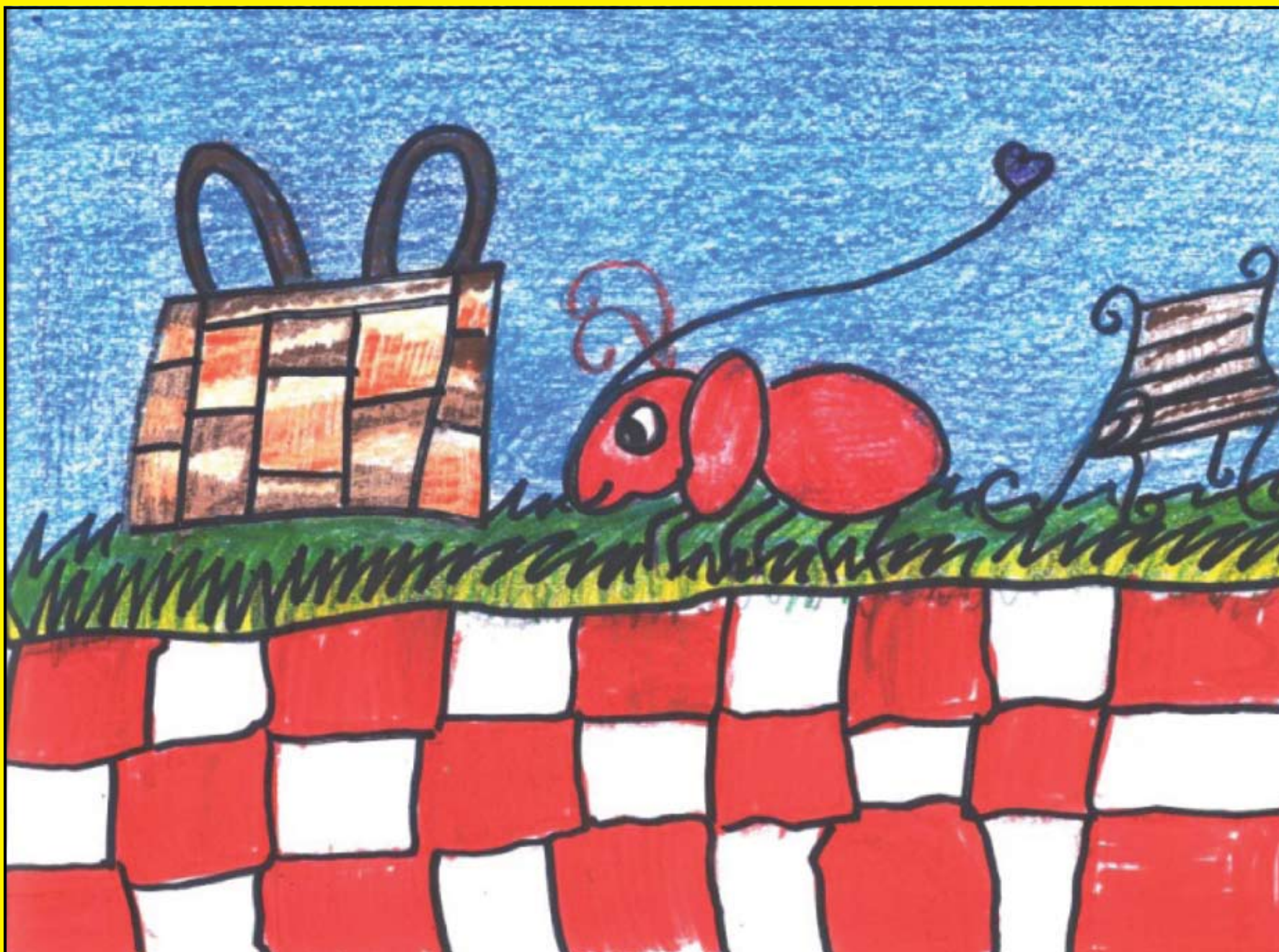


The Park Bench

A publication of the City of Aiken, SC - Parks, Recreation & Tourism • *May - August 2010*



Makayla Harris, Age: 8
"Picnic in Happy Hopelands"

Cover Art Contest

The City of Aiken Parks, Recreation and Tourism held the Park Bench Cover Art Contest in February with submissions from the children attending North Aiken Elementary. Contestants were asked to draw a picture portraying a program or event offered by the City of Aiken PRT to be featured on the cover of the May - August 2010 Park Bench recreation guide. The City of Aiken Arts Commission

judged the entries and selected their five favorites based on effort, creativity, and composition. These were then posted online, on Channel 4 and in the Aiken Standard for the public to vote for their favorite. Thanks to North Aiken Elementary (art teacher, Amber Quarles) for participating with this issue's cover art contest. For more information, contact Sheri Clemons at sclemons@cityofaikensc.gov.



Marquez Rouse, Age: 10
“A Flower Bloom at Hopelands”



Jusmine Kitchings, Age: 8
“Butterfly at Hopelands”



Sara Quarles, Age: 8
“Ant’s Picnic at the Park”



Herry Toole, Age: 10
“Flower Garden”

Registration: Registration may be done at the Weeks Center, Weeks Tennis Center, Citizens Park, or the Smith-Hazel Recreation Center (depending on the activity).

Payment: Payment is due at the time of registration. No spaces will be held and telephone registration is not permitted. You may pay by cash, check or money order. A service fee will be applied to all checks that are returned for non-payment. Make checks payable to: City of Aiken.

Cancellation Policy: Classes and programs are subject to cancellation due to insufficient registration, building closings, holidays, weather or other reasons deemed necessary by the Department.

Make-Up Classes: Classes or programs cancelled by the instructor or the Parks, Recreation and Tourism Department will be made up at a later date. In the event that a missed class cannot be made up, a prorated refund will be given. Classes missed by the participants will not be made up or prorated.

Refund Policy: Requests for refunds must be made in writing at least FIVE business days prior to the start of programs held at the Weeks and Smith-Hazel Centers. Refunds for athletic leagues will vary and are noted on registration forms. After the deadline, no refunds will be granted except in cases of medical emergencies. Refunds may take up to 30 working days. No refunds will be granted for pre-purchased tickets or passes, camp deposits, or fitness room memberships.

Non-Resident Fees: An additional fee is due for registrants living outside the Aiken city limits. This fee may vary depending on the participant’s age and activity. Those who purchase a yearly Recreation Membership are exempt from these additional non-resident fees.

Recreation Memberships: Recreation Memberships may be purchased from the Department. These memberships entitle participants to equipment usage and in-city program costs only! Memberships cannot be used for rentals. Memberships may be purchased at the Weeks Center, Weeks Tennis Center, Citizens Park, or the Smith-Hazel Recreation Center. Individual Memberships and Family Memberships are available.

Monthly Classes: All monthly classes must be registered and paid for by the first class date of the month. Registration taken later in the month will not be prorated.

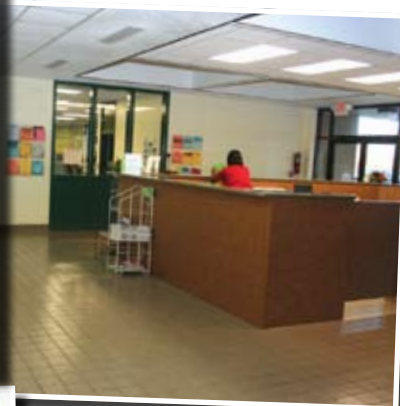
Channel 4: Please visit Channel 4, the City’s Local Government Access Channel, provided by our cable service provider (Atlantic Broadband) for updates on our activities as well as additional City of Aiken information.

Website: Log onto www.cityofaikensc.gov for all City of Aiken information and activities.

Facebook: Please visit PRT’s Facebook page for updates on our activities as well as information on upcoming programs - ‘City of Aiken Parks, Recreation and Tourism’.

Mission: To enhance the quality of life for OUR community. **Vision:** Experience Aiken.

Odell Weeks Renovations



The Odell Weeks Activities Center Fitness Room has completed renovations and expanded in size! New Nautilus fitness equipment has been installed, including a Biceps Curl, Leg Extension, Leg Curl, Abdominal, Lower Back, and Triceps machine. An area has been designated for floor exercises and stretching, and more room has been given around the free weight equipment. We would really appreciate any feedback from our current members, past members and anyone considering joining the Fitness Room! Please fill out a Customer Service Survey located at the Weeks Center Front Desk.



Call 803-643-6901 for more information:

The winner will receive a 4-track CD recording session and \$500 cash Interested? It's easy to participate: Come to the USC Aiken Convocation Center at 9AM with 1-3 a capella songs prepared, and 1-3 karaoke songs prepared – You could be the first Aiken Idol!



Rain Out Hotline

643-4661

or

RainedOut.com.

Sign up to get instant text messages on outdoor program and event status, enter in: City of Aiken.

HOURS FOR THE SMITH-HAZEL CENTER:

Building:

Monday - Friday: 8:00 a.m. - 9:00 p.m.

Saturdays: 9:00 a.m. - 5:00 p.m.

Sundays: 1:00 - 5:00 p.m.

Gym*:

Monday - Friday: 9:00 a.m. - 8:45 p.m.

Saturdays: 9:00 a.m. - 4:45 p.m.

Sundays: 1:00 - 4:45 p.m.

Call 642-7634 for more information.

*Gym may be closed at anytime due to rentals or in-house activities.

HOURS FOR THE WEEKS CENTER:

Building:

Monday - Friday: 8:00 a.m. - 9:00 p.m.

Saturdays: 9:00 a.m. - 5:00 p.m.

Sundays: 1:00 - 5:00 p.m.

Gym*:

Monday - Friday: 9:00 a.m. - 8:45 p.m.

Saturdays: 9:00 a.m. - 4:45 p.m.

Sundays: 1:00 - 4:45 p.m.

Fitness Room:

Monday - Friday: 8:15 a.m. - 8:45 p.m.

Saturdays: 9:15 a.m. - 4:45 p.m.

Sundays: 1:15 - 4:45 p.m.

Call 642-7631 for more information.

* Gym may be closed at anytime due to reservations.

HOURS FOR CITIZENS PARK:

Monday - Thursday: 8:00 a.m. - 8:30 p.m.

Fridays: 8:00 a.m. - 5:00 p.m.

Closed Saturdays and Sundays (except for tournament play - hours vary)

Call 642-7761 for more information.



The City of Aiken Parks, Recreation & Tourism
Department is a proud member of the:



*South Carolina Recreation and Parks Association
National Recreation and Parks Association*

FESTIVALS & SPECIAL EVENTS

HOPELANDS SUMMER CONCERT SERIES

Hopelands will be alive with music again this summer, every Monday from May - August, on the Roland H. Windham Performing Arts Stage. Performances vary and will include instrumental, dance and vocal concerts. Please bring a lawn chair or blanket to sit on. Food is welcome but alcohol is prohibited. **In case of inclement weather, please call 643-4661; tune in to Channel 4; or go to www.facebook.com and type in City of Aiken PRT in the search box.**

Age: All (children must be accompanied by an adult)

Cost: Free

Mondays, May - August, 7:00 - 8:00 p.m.

Hopelands Gardens

Call 642-7631 for more information or in regards to the concert schedule below.

CONCERT SCHEDULE

DATE:	PERFORMERS:
May 3	Aiken Community Band with special guests, the U.S. Army Herald Trumpets
May 10	Aiken Youth Orchestra and Friends
May 17	Savannah River Winds
May 24	Carolina Rebels
May 31	Aiken Civic Ballet
June 7*	Ft. Gordon Concert Band
June 14	Maureen Simpson joined by Aiken Choral Society
June 21	Southern Nights
June 28	Preston and Weston featuring Sandra Simmons
July 6 (Tuesday)*	US Marine Corp Band – Parris Island
July 12	TBA
July 19	Mellow-D
July 26	TBA
August 2	Ft. Gordon Dixieland Band
August 9	Aiken Brass
August 16	Aiken Big Band
August 23	TBA
August 30	Aiken Community Band (6:30 p.m.) with artists, South Boundary

** Free shuttle service available from the Goodwill parking lot on Whiskey Road to Hopelands Gardens and back will run on June 7 and July 6.*



PRE-MOTHER’S DAY COVERED DISH LUNCHEON

Celebrate Mother’s Day with each member bringing a covered dish. There will be door prizes and more.

Age: All

Cost: Free

Thursday, May 6, 11:00 a.m. - 1:00 p.m.

Smith-Hazel Recreation Center

Call 642-7634 for more information.

OUT OF SCHOOL BASH

Middle and High School students have the opportunity to celebrate their last day of school. The celebration will include music, games, and inflatables.

Age: Middle and High School Students

Cost: Free (students must present ID’s when entering)

Thursday, June 3, 12:00 - 2:00 p.m.

Picnic Shelter, Whiskey Road

Call 642-7631 for more information.



SUMMER FUN DAY CAMP – SMITH-HAZEL

This camp will meet in two week sessions. Activities include sports, games, arts & crafts, swimming, special guests, and field trips.

Registration Date: Monday, May 17; beginning at 9:00 a.m.

Registration is available online at www.cityofaikensc.gov.

Ages: 5 - 14

Cost: \$85 per 2-week session / Non-resident fees apply

June 7- August 13, 8:00 a.m. - 5:00 p.m.

Smith-Hazel Recreation Center

Call 642-7634 for more information.

DADDY, WANNA’ DANCE?

Celebrate Father’s Day with the best man in your life at this 6th Annual Father/Daughter dance. Grandfathers, Uncles, etc. may attend if Daddy cannot. There will be fun music and refreshments! **Photography will also be available.**

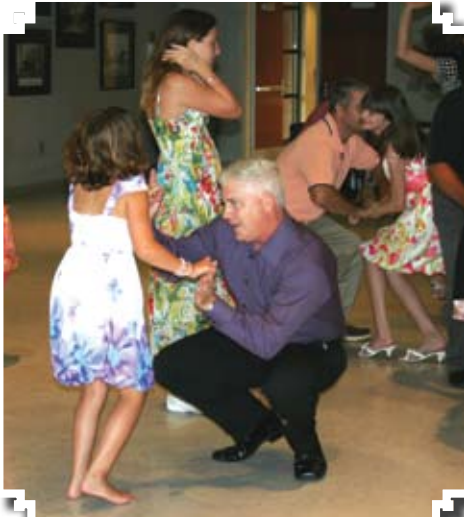
Age: 4 - 14 and a “Daddy date”

Cost: \$20 per couple; \$5 per additional daughter

Friday, June 18, 6:30 - 8:30 p.m.

Location: Aiken Electric Cooperative Community Room

Call 642-7631 for more information.



FATHER/SON DAY

Fathers, spend some quality time with your young man at the Father/Son Day to celebrate Father's Day. Free play and contests. Prizes will be awarded to the oldest Father, and the Father with the most children.

Age: All

Cost: Accepting donations at the door

Saturday, June 19, 11:00 a.m. - 2:00 p.m.

Smith-Hazel Recreation Center, Gym

Call 642-7634 for more information.

PRE-4th OF JULY COMMUNITY BASKETBALL GAME

Come out and cheer on your community. New and experienced basketball players are welcome.

Refreshments for sale.

Age: All

Cost: \$2 at the door

Thursday, July 1, 6:00 - 8:00 p.m.

Smith-Hazel Recreation Center, Gym

Call 642-7634 for more information.



TOUCH-A-TRUCK DAY

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on a bulldozer, police car, ambulance and various other vehicles.

Age: All

Cost: Free

Saturday, July 17, 9:00 - 11:00 a.m.

Weeks Center, Parking Lot

Call 642-7631 for more information.

YOUTH & ADULT ENRICHMENT

BIRTHDAY PARTIES AT THE CERAMICS CENTER

Rent the Ceramics Center for your child's next Birthday Party! The ceramics instructor will help the kids paint a pre-chosen ceramic piece. There are a variety of choices for kids of all ages.

Age: All

Cost: Varies

Weeks Ceramics Center

Call 642-7631 for more information.



TODDLER TIME

Use the gym space to run, chase and release a lot of energy! This program allows for kids to interact with others of the same age, and gives parents a chance to socialize with one another. Equipment and toys such as balls, scooters, mats, hoola-hoops, parachutes and more will be provided to stimulate free play. Personal toys are welcomed. Children must be accompanied by an adult. **Sibling policy:** Only enrolled participants ages 5 and under may participate in the activity. Infants in strollers who are not yet walking are welcome to attend. Siblings older than 5 may be present but must stay seated on the bleachers at all times.

Age: 5 and under (accompanied by an adult)

Cost: \$2 per visit, per child or \$15 for a 10-visit pass

Mondays and Wednesdays, 9:30 - 11:30 a.m.

Weeks Center, Gym 2

Call 642-7631 for more information.

CUONG NHU MARITAL ARTS

Cuong Nhu is a newer style of martial arts that blends the following styles: Shotokan, Aikido, Judo, Tai Chi Chuan, Vovinam, Wing Chun, and boxing. Students begin training with blocks, punches, and kicks of Shotokan and progress through the ranks to learn concepts and techniques from all of the styles of influence. Classes meet 3 times per week and is offered in 3-month sessions. Each session ends with a Regional Test.

Age: 13 and up

Cost: \$25 per session / Non-resident fees apply

Registration ends June 5.

May 1 – August 30, Mondays, 6:45 – 8:45 p.m.; Thursdays, 7:30 pm – 9:00 pm;

Saturdays, 10:00 am – 12 noon

Weeks Center, Rooms 6 & 7

Call 642-7631 for more information



STORYTIME IN THE PARK AT SMITH-HAZEL

Local senior adults read aloud stories from children's books. Each child in attendance receives a free book to take home. Bring a blanket or chair for sitting. Drinks and snacks are welcomed.

Age: 10 and under (accompanied by an adult)

Cost: Free

May - June, 3rd Fridays of each month, 4:00 – 5:00 p.m.

Smith-Hazel Recreation Center (unless weather permits it to be outdoors)

Call 642-7634 for more information.

STORYTIME IN THE GARDENS

Join us this spring as local senior adults read aloud stories from children’s books. Each child in attendance receives a free book to take home. Bring a blanket or chair for sitting. Drinks and snacks are welcomed.

Age: 8 and under (accompanied by an adult)

Cost: Free

Tuesdays, May, 4:00 p.m.

Hopelands Gardens (behind the Thoroughbred Racing Hall of Fame)

Call 642-7631 for more information.



CERAMICS CENTER SUMMER CLASSES

Take this 3-month course and enjoy creating, painting, glazing, and firing a variety of objects. Fees include one class per week (a.m. or p.m.). **Classes last up to 3 hours.**

Age: 18 and up

Cost: \$75 per person / Non-resident fees apply

Mondays, June - August, 9:00 a.m. or 6:00 p.m.

Weeks Ceramics Center

Call 642-7631 for more information.

ULTIMATE SPORTS

Participants will engage in popular physical education team games that promote good sportsmanship and cooperation, while having fun, and in a safe environment. Activities include but are not limited to: Capture the Flag, Dodgeball, Kickball, Ten-Base, Ultimate Frisbee, and team tag games. Participants will need to wear tennis shoes and comfortable athletic style clothing each day (no jeans or Capri’s). Please bring a water bottle and a light, healthy snack.

Age: 13-15

Cost: \$40 per week / Non-resident fees apply.

Session 1: June 14 - 17

Session 2: June 21 - 24

Session 3: July 12 - 15

Session 4: July 19 - 22

8:00 am - 12 noon; Monday - Thursday

Location: Weeks Center Soccer Field.

Class will be moved indoors to the Weeks Center Gym in the event of inclement weather.

Call 642-7631 for more information.



PUPPY CLASS (AKC S.T.A.R. Puppy Program)

This class is a six-week course of instruction for puppies 10 weeks to 20 weeks of age. The puppy class is designed to provide owners with information on how to handle a new puppy. Puppies will learn a variety of skills and commands, and will take the S.T.A.R. Puppy Test at the end of the course.

Puppies must have record of 2 sets of shots.

Age: All

Cost: \$65 per 6 week session / Non-resident fees apply

Tuesdays, July 27 - August 31, 5:30 - 6:30 p.m.

Weeks Center, Rooms 1 & 2

Call 642-7631 for more information.

BASIC DOG TRAINING

This class is a six-week course for dogs that are five months old or older. Your dog will learn the basic commands of come, sit, down, stay, wait, stand, etc. Topics will include basic care of dogs and what to expect as the training progresses. Dogs must be registered with the City if residing within the City of Aiken and you must provide a copy of your dog’s rabies certificate.

Age: All

Cost: \$65 per 6 week session / Non-resident fees apply

Tuesdays, July 27 - August 31, 7:00 - 8:00 p.m.

Weeks Center, Rooms 1 & 2

Call 642-7631 for more information.

SKATE PARK HOURS OF OPERATION

Skate Park Summer Hours (June 7 - August 13)*

Monday-Fridays: 9:30 - 11:30 a.m. & 5:30 - 8:30 p.m.

Saturdays: 9:00 a.m. - 5:00 p.m. (first Saturday of each month as a free skate day)

Sundays: 1:00 - 5:00 p.m.

Fee Schedule for Skaters:

Daily Pass Membership:

Recreation member fee / Aiken-city resident fee: \$3

Recreation non-member fee / Non-city resident fee: \$5

5 Day Pass Membership:

Recreation member fee / Aiken-city resident fee: \$10

Recreation non-member fee / Non-city resident fee: \$15

Yearly Pass Membership:

Recreation member fee / Aiken-city resident fee: \$100

Non-city resident must purchase a recreation membership.

Individual Membership and Family Membership Available

Skaters are not allowed to share a daily, 5-day or yearly pass.

For more information, call 642-7631.

* Session hours will vary throughout the year and are subject to change without notice. Session hours may be changed or cancelled due to inclement weather or extreme heat.



SUMMER ADVENTURES DAY CAMP - WEEKS CENTER

Activities include sports, swimming, games, arts and crafts, theme days, and special guests. Campers must bring a snack, bag lunch, and drink daily.

Registration is open until sessions are full. A 50% deposit (per child, per session) is required at the time of registration. Registration is available online at www.cityofaikensc.gov, or at the Weeks Center.

Age: 5 - 12 (children must be these ages at the START of the camp session)

Cost: \$110 per 2-week session / Non-resident fees apply

June 7 - August 13, 8:00 a.m. - 3:00 p.m.

Extended camp is available from 3:00 – 5:30 p.m. for an additional cost.

Weeks Center, Room 3

Call 642-7631 for more information.



YOUTH ARCHERY CAMP

Sign up for a week of Archery Camp! Learn archery safety, technique, equipment, mental concentration, and self-improvement. Participants will shoot at a bullseye target placed before an arrow resistant net. Equipment used is state-of-the-art and designed to fit every participant. Equipment is provided.

Age: 5 - 17

Cost: \$50 per session / Non-resident fees apply

Monday - Friday, 3:00 - 4:30 p.m.

Session 1: June 21 - 25

Session 2: July 19 - 23

Weeks Center, Gym 2

Call 642-7631 or instructor Roger Pizio at 648-7892 for more information.

YOUTH ARCHERY LEAGUE

The Youth Archery League will begin training in January, 2011 to prepare for the State Tournament that will be held in late March. Register now to reserve your place on the roster!

Dates / Times / Costs: TBA

Call 642-7631 for more information.

CLIMBING WALL – Certified Instructor Needed! Call 642-7631 for more information.

DOG PARK

Location: 199 Willow Run Road

Hours: Sun up to sun down

Fees: Purchase Annual Dog Park Tag (ALL dogs required to have a tag to enter the park) at H.O. Weeks Center, Public Safety, Chamber of Commerce and the SPCA Shelter - \$10 per dog.

Proof of current rabies certificate and City license (for City residents) required. For more information call 648-6863.

FITNESS CLASSES & INFORMATION

CHILDREN'S JUMPING GYMNASTICS

Recreational and Level 1 Gymnastics: perfect for beginners! Perform mat routines, balance beam, and mini trampoline.

Age: 5 - 11

Cost: \$40 per month / Non-resident fees apply

Monthly: Thursdays, 6:00 - 7:00 p.m.

Weeks Center, Rooms 6 & 7

Call 642-7631 for more information.

LINE DANCE

Learn country line dances as well as those taught to jazz, big band, and modern music in this moderately paced fitness class.

Age: 16 and up

Cost: \$30 for 10 tickets (**good for anytime**) / Non-resident fees apply

Monthly: Tuesdays, 10:00 - 11:00 a.m.

Weeks Center, Rooms 6 & 7

Call 642-7631 for more information.

BUDDY TRAINING

Save money and train with a friend with new prices for 2010. All the benefits of personal training with the additional accountability of a partner. Take control and find the Zen, be the best you can in 2010! Each session is one hour. Participants must be Fitness Room valid member.

Age: All (**additional guidelines apply for those under 18**)

Cost: \$20 per person per session / Non-resident fees apply plus normal fitness room fees

**Multiple sessions must be paid for in full at time of registration.*

Weeks Fitness Room

Call 642-7631 for more information.

BOOTCAMP / USMC MUD RUN TRAINING

Do you ever think about how fit you really are? What kind of stress your body can withstand under extreme thresholds? Pull up your bootstraps and dig in for an energizing bootcamp workout with Certified Personal Trainers. Get your body and your mind right as you are whipped into shape for the summer and/or the 2010 USMC Mud Run. This is an intermediate class. You must be able to run ½ mile at a time.

Age: 18 and up

Cost: \$20 registration fee plus \$10 per session / Non-resident fees apply

Monthly: Every 2nd & 4th Saturday, May 8 - September 11, 8:00 - 9:00 a.m.

Weeks Center

Call 642-7631 for more information.

TEENY WEENIE ATHLETES

In this parent/child class, your little athlete will learn a variety of sport skills, such as Golf, Tee Ball, and Tennis! Parents are expected to participate. **Registration opens May 29. This class fills up fast so register early!**

Age: 3 - 5

Cost: \$35 per session / Non-resident fees apply

Tuesdays, June 22 - July 20, 5:45 - 6:30 p.m.

Weeks Center, Gym 1

Call 642-7631 for more information.

FITNESS ROOM EQUIPMENT ORIENTATION

Learn how to safely use and make adjustments on the fitness room equipment based on your fitness needs and level. This is a one-time session offered to fitness room members only. **Sign up at the Weeks Center Front Desk.** You must pre-register to attend the orientation and be a valid Fitness Room participant.

Age: 18 and up

Cost: Free

First Saturday of the month, 9:00 - 10:00 a.m.

Weeks Fitness Room

Call 642-7631 for more information.



FITNESS ROOM

Our Fitness Room has expanded! The Weeks Center Fitness Room is equipped with Treadmills, Elliptical Machine, Recumbent Bikes, Cybex Machine, Nautilus Equipment, Free Weights, and many other weight station machines.

Age: 16 and up (**teens age 16 & 17 must be accompanied by an adult**)

Cost: \$15 per month and Membership Required

Monday – Friday: 8:15 a.m. - 8:45 p.m.

Saturday: 9:15 a.m. - 4:45 p.m.

Sunday: 1:15 p.m. - 4:45 p.m.

Weeks Fitness Room

Call 642-7631 for more information.

PERSONAL TRAINING

Let our Certified Personal Trainers enhance your quality of life through exercise and nutrition counseling with a one-on-one personalized training program. Focus is on strength, endurance, balance, and daily function. Sessions include cardiovascular and fitness testing. Take control and find the Zen, be the best you can in 2010! Each session is one hour. Participants must be a Fitness Room valid member.

Age: All (**additional guidelines apply for those under 18**)

Cost: 1 Session: \$50 per hour / 10 Sessions: \$39 per hour* / 20 Sessions: \$35 per hour* / Non-resident fees apply plus normal fitness room fees

**Multiple sessions must be paid for, in full, at time of registration.*

Weeks Fitness Room

Call 642-7631 for more information.



EXERCISE – AEROBIC AND NUTRITION CLASS

Let's go! Class consists of walking, stretching, cardiovascular, aerobic and nutrition tips.

Ages: 15 and up

Cost: \$15 per month / **Non-resident fees:** \$25 per month (membership available)

Monthly: Tuesday & Thursday, 6:00 – 7:00 p.m.

Smith-Hazel Recreation Center

Call 642-7634 for more information.

FIT 4 EVER

This low impact, moderate paced fitness class is great for a total body workout! Enjoy aerobics, resistance exercises with light weights, and floor exercises all set to fun, upbeat music.

Age: 16 and up

Cost: \$26 for 10 tickets (**good for anytime**) / Non-resident fees apply

Free for SilverSneakers® Swipe Card Members

Monthly: Mondays, Wednesdays, Thursdays, and Fridays, 10:00 - 11:00 a.m.

Weeks Center, Rooms 6 & 7

Call 642-7631 for more information.



YOGA I, YOGA II, & EVENING YOGA

In this gentle mind/body workout, you will strengthen and tone your body, improve your balance, flexibility, and calm your mind. Traditional yoga poses combined with soothing music will give your day a whole new focus. *The first Tuesday of each month will introduce basic poses. The Friday class will offer several more challenging options. Participants may attend any combination of Yoga I, II, & Evening Yoga classes.*

Age: 16 and up

Cost: \$40 for 10 tickets (**good for anytime**) / Non-resident fees apply

Yoga I: Monthly, Tuesdays and Thursdays, 8:45 - 9:45 a.m.

Yoga II: Monthly, Fridays, 8:45 - 9:45 a.m.

Evening Yoga: Monthly, Mondays and Wednesdays, 5:30 – 6:30 p.m.

Weeks Center, Rooms 6 & 7

Call 642-7631 for more information.

RECREATION RAMBLERS WALKING CLUB

Join this free club and keep track of the miles you walk throughout the year. You can join anytime! We will celebrate with an end of the year party.

Age: 18 and up

Cost: Free

Weeks Center Walking Track

Call 642-7631 for more information.

RACQUETBALL

Grab a partner and enjoy this indoor sport at the Weeks Center!

Monday - Friday, 8:00 a.m. - 9:00 p.m.

Cost: \$3 per person per hour for City of Aiken Residents and Recreation Members / \$5 per person per hour for Non-Residents and Visitors

Reservations are required and can be made up to 4 days in advance.

Saturdays, 9:00 a.m. - 5:00 p.m. and Sundays, 1:00 - 5:00 p.m. are Walk-In / Free Play Days. Participants must check-in at the Weeks Center front desk.

(Paid court reservations will still be taken on Saturdays and Sundays and will supersede any walk-in players no matter how little or long walk-in players have been on the court.)

“All you can play” Frequent User Pass:

Cost: \$125 per year for City of Aiken Residents and Recreation Members.

(Play as much you want without paying court fees every time, and the pass is valid for one year from the date of purchase.) Non-Residents or Visitors can receive City rates on court fees by purchasing a Recreation membership.

Weeks Center

Call 642-7631 for more information.

ATHLETICS – YOUTH & ADULT SPORTS

FALL YOUTH SOCCER LEAGUE

Co-ed program offered to boys and girls for fun, participation and basic skill development. Players will be divided by age and/or skill level and teams will compete in league play. Participants are provided jerseys, shorts and socks.

First time players must bring a birth certificate to registration.

Registration: July 19 - 29;

Monday - Thursday,

8:00 a.m. - 8:30 p.m.;

Friday, 8:00 a.m. - 5:00 p.m.

League Play Begins:

August - October, Monday - Thursday

Age: 5 - 18 years (by Sept. 1, 2010)

Cost: TBA

Citizens Park

Call 642-7761 for more information.



ADULT FLAG FOOTBALL

Flag Football league played October and November. **All players will have to present a picture I.D. to be eligible to play.**

Coaches Meeting: September 2, 6:00 p.m. at Citizens Park

Age: 18 and up

Cost: \$310 per team / Non-resident fees apply

Citizens Park

Call 642-7761 for more information.

YOUTH FLAG FOOTBALL

Flag Football league is designed for fun, participation and skill development. Players will be divided by age and/or skill level and teams will compete in league play.

Participants are provided an NFL flag football style jersey. **First time players must bring a birth certificate to registration.**

Registration: July 19 - 29; Monday - Thursday, 8:00 a.m. - 8:30 p.m.;

Friday, 8:00 a.m. - 5:00 p.m.

League Play Begins: September, Monday - Thursday

Age: 5 - 12 (by September 1, 2010)

Cost: TBA

Citizens Park

Call 642-7761 for more information.

FALL GIRLS VOLLEYBALL LEAGUE

Girls volleyball league designed for fun, participation and skill development. Players will be divided by age and/or skill level and teams will compete in league play.

Participants are provided jerseys. **First time players must bring a birth certificate to registration.**

Registration: July 19 - 29; Monday - Thursday, 8:00 a.m. - 8:30 p.m.;

Friday, 8:00 a.m. - 5:00 p.m.

League Play Begins: September, Monday - Thursday

Age: 5th grade - 8th grade (by August 2010)

Cost: TBA

Citizens Park

Call 642-7761 for more information.

SMITH-HAZEL POOL 2010 SWIM LESSONS

Red Cross Swimming Lessons are held at the Smith-Hazel Pool during June and July. The American Red Cross certifies all instructors and lifeguards involved in the program. For more information please call 648-3197 or 642-7631. Fridays will be used for rain out dates. Lessons are held Monday through Thursdays. Please make sure your child is on time for lessons. A bathing suit is required! Classes are forty-five minutes long. We will be offering a Children with Disabilities Class at 10:45a.m. Call Heather Staniszewski at 648-3197 for details.

Morning Classes:

Ages 5 - 17	Session One	June 7 - June 17 Levels 1-6
Ages 5 - 17	Session Two	June 21 - July 2 Levels 1-6
Ages 5 - 17	Session Three	July 5 - July 15 Levels 1-6
Ages 5 - 17	Session Four	July 19 - July 29 Levels 1-6

Levels 1, 2, 3, 4, 5 and 6 are offered at 8:30 a.m., 9:15 a.m., and 10:00 a.m. Adults, Toddlers, and Children with Disabilities are offered at 10:45 a.m.

Night Classes:

Ages 5 - 17	Session One	June 7 - June 17	Levels 1-6
Ages 5 - 17	Session Two	June 21 - July 2	Levels 1-6
Ages 2 - 4	Session Three	July 5 - July 15	Toddlers
Ages 18 and up	Session Three	July 5 - July 15	Adults
Ages 2 - 4	Session Four	July 19 - July 29	Toddlers
Ages 18 and up	Session Four	July 19 - July 29	Adults

Cost:

\$45 per session

\$80 per session (Non-resident youth who do not possess Recreation Membership Card)

\$85 per session (Non-resident adult who do not possess Recreation Membership Card)

Open Swim:

Monday - Friday, 1:00 - 5:45 p.m.

Saturday, 12:00 - 5:00 p.m.

Sunday, 1:30 - 5:00 p.m.

Cost:

15 and under - \$1.00

16 and up - \$2.00

Pool Operator:

Heather Staniszewski • hstaniszewski@cityofaikensc.gov • 648-3197

WEEKS TENNIS CENTER

Tennis Court Hours of Operation:

Monday - Thursday: 8:00 a.m. - 9:00 p.m.

Friday - Saturday: 8:00 a.m. - 8:00 p.m.

Sunday: 8:00 a.m. - 9:00 p.m.

Reservations can be made by calling 642-7739 within the hours of operation of our Center.

Reservation requests should not be left on WTC voice mail.

Weeks Tennis Center Hours of

Operation:

Monday - Thursday: 9:00 a.m. - 12:00 noon and 3:30 to 9:00 p.m.

Friday: 9:00 a.m. - 12:00 noon; and 3:30 to 8:00 p.m.

Saturday: 8:00 a.m. - 12:00 noon; and 3:00 - 8:00 p.m.

Sunday: 12:45 - 8:00 p.m.

Call 642-7739 for more information.



JUNIOR TENNIS CAMPS

All one-week camp sessions are from 9:00 a.m. - 12:00 noon. The classes are filled with instruction, drills, games, and match play.

Registration: Contact the Weeks Tennis Center for enrollment information.

Camp Sessions: June 14 - 18 / July 12 - 16 / July 26 - 30

Ages: 8 - 18

Cost: \$80 per session / \$100 for Non-residents

Weeks Tennis Center

Call 642-7739 for more information.



LADIES SUMMER LEAGUE

The Weeks Tennis Center is hosting the ladies social league beginning June 17 for six to seven weeks depending on the number of teams.

Registration: Contact the Weeks Tennis Center for enrollment information.

League Play: June 17 - July 29

Age: 19 and up

Cost: TBA

Weeks Tennis Center

Call 642-7739 for more information.

QUICK START TENNIS

Quick Start (also known as Pee Wee) Tennis is a great way to introduce children to sports. Smaller courts, smaller nets, smaller racquets and soft tennis balls create a suitable environment for younger kids.

Registration: On - going / year - round

Age: 4 - 8

Weekly: Mondays, 5:00 - 5:45 p.m.

Cost: \$7 per clinic / Non-resident fees apply

Weeks Tennis Center

Call 642-7739 for more information.

JUNIOR BEGINNER TENNIS CLINICS

Two, one hour group lessons per week for anyone age 8 - 12 interested in learning the skills necessary to play tennis. Through a series of drills and fun games, designed to improve hand eye coordination and increase small and large motor skills, with progressive instruction, geared to fit the participants' readiness level. Our certified teaching professionals will teach everything from the proper way to hold a racket, proper footwork, and the fundamental techniques of hitting ground strokes, volleys, serves, and how to keep score.

Registration: On - going / year - round

Age: 8 - 12

Weekly: Mondays and Wednesdays, 4:00 - 5:00 p.m.

Cost: \$7 per clinic / Non-resident fees apply

Weeks Tennis Center

Call 642-7739 for more information.

JUNIOR ADVANCE TENNIS CLINICS

Take part in two, one and one half hour group lessons per week for anyone age 10 - 18 interested in further developing the skills necessary to play tennis. These lessons are for those who have completed Jr. Beginner Tennis Clinics or a comparable class and have a basic knowledge of the game. The clinics are designed to improve what was learned in the beginner program as well as teach advanced skills, strategy, and shot selection.

Registration: On - going / year - round

Age: 10 - 18

Weekly: Tuesdays and Thursdays, 4:00 - 5:30 p.m.

Cost: \$80 for 8 clinics or \$10 per clinic / Non-resident fees apply

Weeks Tennis Center

Call 642-7739 for more information.

Note: For all the tennis clinics, days and times are based on the public school system and other factors and will be adjusted periodically as needed.

MEN'S & WOMEN'S USTA LEAGUES

USTA League Tennis is the country's largest recreational tennis league, helping more than 295,000 players nationwide get on the court, have a good time, and step up their game. The League is organized as competitive team match play. Teams are made up of a minimum of five to eight players depending upon division. Teams and matches are set up according to NTRP ratings, so your teammates and opponents will be at your skill level. USTA Fall and Spring, adult, combo, and mixed doubles leagues.

Ranked: M (NTRP, 3.0 - 5.0)sd; W (NTRP, 2.5 - 5.0)sd; W (NTRP, 2.5 - 5.0)sd; Combo MX (6.5 - 9.5)d

Registration: On - going / year - round

Age: 19 and up

Cost: Varies according to team; call for prices / Non-resident fees apply

Weekly: Monday - Sunday, Hours: TBA

Weeks Tennis Center

Call 642-7739 for more information.



CSRA LADIES TENNIS LEAGUES

The CSRA Ladies Tennis League is for women who desire keeping fit and enjoy competition. Instructional clinics continue year-round and twice a year (Fall and Spring). The ladies are formed into teams, and compete against teams representing other tennis facilities located throughout the CSRA.

A Division: For women who play a strong 3.5 or higher level. Check with pro shop for clinic schedule. League matches are played on Tuesdays during the league seasons.

B Division: For women who play a strong 3.0 to good 3.5 level. Check with pro shop for clinic schedule. League matches are played on Thursdays during the league seasons.

C Division: For women who play at a 2.5 to 3.0 level. Check with pro shop for clinic schedule. League matches are played on Fridays during the league seasons.

Registration: On - going / year - round

League Play Begins: League seasons begin at the beginning of August for the Fall season and the beginning of January for the Spring Season.

Weeks Tennis Center

Age: 19 and up

Cost: Call for prices / Non-resident fees apply

Call 642-7739 for more information.

SENIOR FUN (AGE 50 & UP)

SENIOR EXTRAVAGANZA

The 3rd Annual Aiken Senior Extravaganza offers seniors, and those interested in issues facing seniors, an opportunity to spend a day in educational seminars and browsing the display fair. The educational seminars will be limited to the first 375 people to register including a t-shirt and catered lunch with Keynote speaker. The Health Fair and displays will be open to the public and pre-registration is not required.

Registration begins in August.

Age: 50 and over

Cost: FREE

Wednesday, September 15th, 8:00 a.m. – 2:00 p.m.

Weeks Center

Call 642-7631 for more information.



SENIOR CITIZENS CLUB

Get away from home, and join the senior fun! Play games, attend parties, special events, and make art and crafts.

Cost: Free

Tuesdays and Thursdays: 10:00 a.m. – 12:00 noon

Smith-Hazel Recreation Center

Call 642-7634 for more information.

BINGO FOR SENIORS

Join in for an exciting game of Bingo! 9 games are played. Prizes are \$3 gift cards.

Cost: \$1 for 2 cards

Monthly: Tuesdays, 9:00 – 10:00 a.m.

Weeks Center, Room 4

Call 642-7631 for more information.

CARD CLUBS

Pinochle - Cost: Free, Tuesdays, 10:30 a.m. – 2:30 p.m., Weeks Center, Room 4

Canasta - Cost: Free, Tuesdays and Fridays, 11:30 a.m. – 3:30 p.m., Weeks Center, Room 4

Bridge - Cost: \$1 per person, Fridays, 11:30 a.m. – 3:00 p.m., Weeks Center, Room 2

Call 642-7631 for more information.

MAHJONG

2 game sets are provided. Participants may bring their own game sets. Snacks are welcomed.

Cost: FREE

Monthly: Thursdays, 1:00 – 4:00 p.m.

Weeks Center, Room 2

Call 642-7631 for more information.

RUMMIKUB

2 game sets are provided. Participants may bring their own game sets. Snacks are welcomed.

Cost: FREE

Monthly: Thursdays, 9:00 a.m. – 12:00 p.m.

Weeks Center, Room 2

Call 642-7631 for more information.

SENIORS ON THE GO! Monthly Day Trips

To find out more information about our trips and events, call the Weeks Center to have your name and **email address** put on our list to receive an **electronic copy** of our "Seniors On the Go!" quarterly newsletter, as well as monthly updates.

Dates / Times / Costs: TBA

Weeks Center

Call 642-7631 for more information.

SILVERSNEAKERS®

Muscular Strength and Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball is offered for resistance; a chair is used for seated and/or standing support.

Cost: *\$26 for 10 tickets (*can be used on all SilverSneakers classes*) / Non-resident fees apply

***Free for participating Medicare health plan members. Find out if you are eligible to participate for free through your Medicare health plan! Go to www.silversneakers.com. You must register at the Weeks Center to receive your SilverSneakers® swipe card.**

Monthly: Monday, Wednesday, 9:00 – 9:45 a.m. and Tuesday,

Thursday, and Friday, 11:15 a.m. – 12:00 noon

Weeks Center, Rooms 6 & 7

Call 642-7631 for more information.



SILVERSNEAKERS® Yogastretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Cost: *\$26 for 10 tickets (*can be used on all SilverSneakers classes*) / Non-resident fees apply

***Free for participating Medicare health plan members. Find out if you are eligible to participate for free through your Medicare health plan! Go to www.silversneakers.com. You must register at the Weeks Center to receive your SilverSneakers® swipe card.**

Monthly: Mondays and Wednesdays, 11:15 a.m. – 12:00 noon

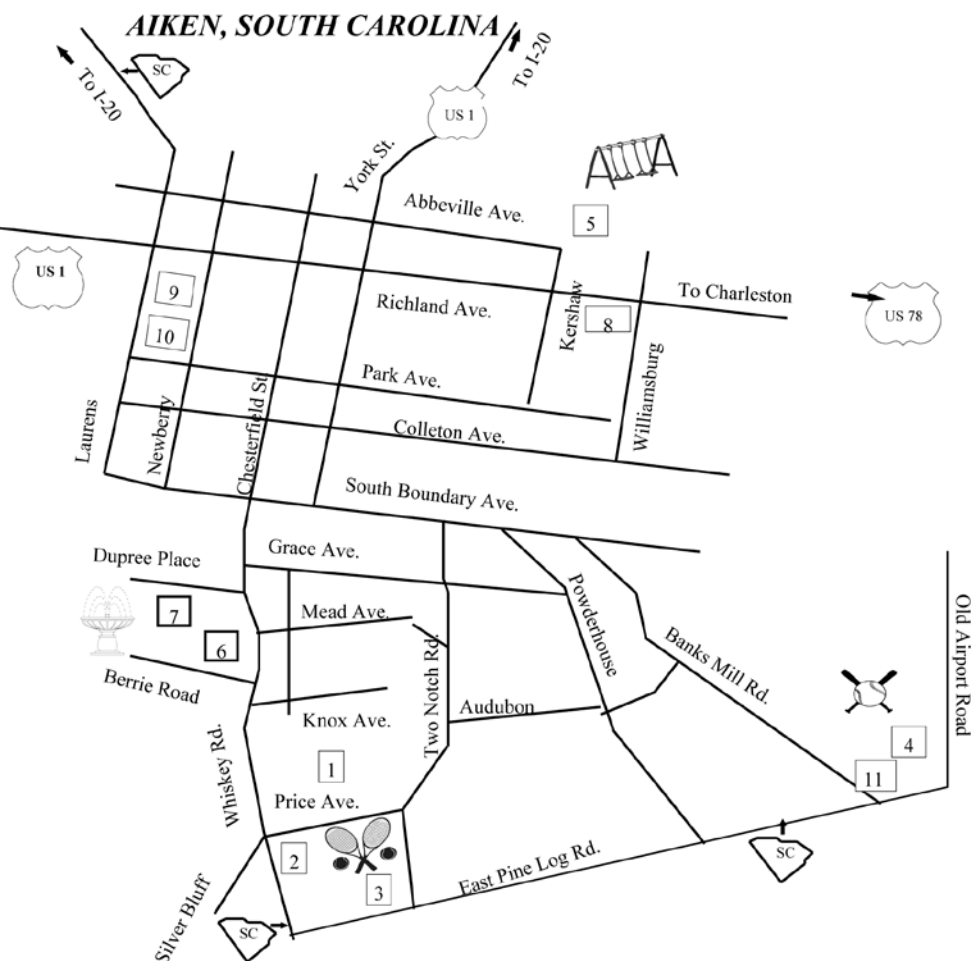
Weeks Center, Room 6 & 7

Call 642-7631 for more information.

The below map features some of the larger facilities maintained by the City of Aiken Parks, Recreation & Tourism Department (PRT).

Map is not to scale.
All roads are not shown.

- 1 Carolina Bay Nature Reserve
- 2 Virginia Acres Park & Weeks Center
- 3 Weeks Tennis Center
- 4 Citizens Park
- 5 Smith-Hazel Center
- 6 Rye Patch Reception Center
- 7 Hopelands Gardens and Racing Hall of Fame
- 8 Farmers Market
- 9 Newberry Street Festival Center
- 10 URS Center for the Performing Arts
- 11 PRT Administrative Offices



Following is a listing of all parks, with address, a description of available amenities and a contact phone number for rentals or further information.

Aiken Thoroughbred Racing Hall of Fame & Museum (within Hopelands Gardens)
135 Dupree Place
803-642-7650

Carolina Bay & Climbing Wall
Off Price Ave.
803-642-7631

Charleston Street Playground
292 Charleston St. SE
Playground and basketball court

Citizens Park Complex
1060 Banks Mill Rd.
Multi-purpose athletic fields and playground
803-642-7761

Crosland Park
1676 Aldrich St NE
Playground and picnic shelter
803-642-7631

Eustis Park
1001 Edgefield Ave.
Playground and picnic shelter
803-642-7631

Aiken County Farmers Market
115 Williamsburg St.
803-642-7761

Gyles Park
412 Park Ave.
Playground

Hammond / Williams Park
634 Orangeburg St., NE
Playground

Hopelands Gardens
135 Dupree Place
Special Use Facility
803-642-7650

Kalmia Hill Park
3311 Summit Dr.
Walking track, playground and picnic shelter, tennis courts
803-642-7631

Kennedy Colony Park
Redd and Tennessee St.
Playground and basketball court

Library Park
355 York St.
Tot Lot

Newberry St. Festival Center
Newberry Street (between Richland Ave. and Park Ave.)
Festival facilities with water and electrical hook-ups, for rental.
803-643-4779

Osbon Park
346 Columbia Ave
Walking track and picnic shelter
803-642-7631

Perry Memorial Park
720 Abbeville Ave
Picnic Shelter, green space
803-642-7634

PRT Administrative Offices
1072 Banks Mill Rd.
803-643-4779

Rye Patch Reception Center
100 Berrie Rd.
Special Use Facility
803-642-7650

Smith-Hazel Community Center
400 Kershaw St.
Playground, outside basketball court, 2 tennis courts (lighted), walking track, and picnic shelter:
803-642-7634
Swimming pool: 803-648-3197

Virginia Acres Park
1700 Whiskey Rd.
H. Odell Weeks Activities Center, *Ceramics Facility*, playground, outside basketball courts (lighted), skate park, 2 picnic shelters and outdoor climbing wall: 803-642-7631
Weeks Tennis Center: 803-642-7739

URS Center for the Performing Arts
126 Newberry St.
Theatre, small conference facilities, and reception area
803-648-1438